

ABCs of Good Health Fact Sheets

Keep Food Safe to Eat.

Food and safety health experts estimate that between 6.5 and 33 million cases of food borne illness occur in the U.S. each year! Many people think they just have the flu. But food borne illness can be serious and can even cause death!

Anyone can be a victim of food borne illness. But some people are at increased risk: infants, young children, pregnant women, older people and those with a weakened immune system, such as those with HIV or cancer.

Bacteria cause most cases of food borne illnesses, usually due to improper food handling. But viruses, parasites and household chemicals can also contaminate foods. With proper food handling and sanitation, most food borne illness can be prevented.

Basic Food Safety Rules

1. **Keep food clean.** Wash your hands often for at least 20 seconds, and with soap and warm water. Use clean towels, sponges, cooking dishes, and utensils.
2. **Avoid cross contamination.** This means that you will not allow the bacteria that naturally exists on raw meat, fish and poultry come in contact with other foods, especially those that will not be cooked. Be sure to scrub and sanitize cutting boards used for raw meat, before slicing cooked meat. Never place raw meat, fish or poultry above other foods in the fridge, where blood or other fluids to drip and contaminate other foods or place into containers that won't leak.
3. **Keep hot food hot.** Cook and hold cooked foods at temperatures higher than 140° F. High temperatures (160° to 212° F) kill most bacteria. Temperatures between 140° and 159° F prevent their growth but may let bacteria survive. Cooked foods containing meat, poultry, fish, eggs and milk products should never be allowed to sit at room temperature for more than two hours.
4. **Keep cold food cold.** Rapidly cool cooked foods that are to be served cold or refrigerated to 40° F or below. At this temperature, bacteria that spoil food grow slowly. Below 32 ° F, which is freezing, bacteria survive but won't grow.

Dietary Guidelines 2000

The **ABC's** of good health

Aim for fitness

- Aim for a healthy weight.
- Be physically active each day.

Build a healthy base

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.

Keep food safe to eat.

Choose sensibly

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- (for adults) If you drink alcoholic beverages, do so in moderation.

Kitchen Safety Quiz

Do you...

	Yes	No
Wash your hands with warm soapy water before handling food?		
Change your dishtowels and dish cloths every few days?		
Sanitize cutting boards after each use with a chlorine-bleach solution?		
Clean your refrigerator each week discarding foods that are too old?		
Put dates on frozen foods?		
Thaw foods in the refrigerator, not on the counter?		
Use a clean plate and fork to take cooked food from the grill to the table?		
Use leftovers within three or four days?		
Use a clean knife and cutting board for vegetables after cutting meat or poultry?		
Store meat, poultry and fish in containers that won't leak?		

Helping children eat more sensibly when it comes to sugar

☺ Help your kids develop healthy snacking habits:

The more often you eat carbohydrate foods, especially between meals, the more likely acid will attack your teeth. Plan snack times to be around two hours after the meal. Have your kids eat the snack and then rinse their mouth with water or brush their teeth. Kids should not eat again until the next meal.

☺ Choose snacks wisely. Eat fresh vegetables, fruits (such as apples), plain yogurt, cheese, milk and popcorn.

☺ Make fruit pops by freezing fruit juice in ice trays or paper cups with wooden sticks. Not only do your kids taste for sweets, but you are also providing many other nutrients.

☺ Make an attractive parfait by alternating colorful fruit and yogurt in a clear glass or plastic cup.

Note:

Alternative sweeteners are not intended for infants and young children. Children need enough calories for rapid growth. Children who are older than two years and who eat a well-balanced diet occasionally can use foods and beverages sweetened with alternative sweeteners.

Chicken and Vegetable Pasta with Orange-Basil Sauce

Preparation Time: 10 Minutes

Cooking Time: 15 Minutes

Makes: 4 Servings

- ¾ cup frozen orange juice concentrate thawed
- ½ cup chicken broth
- 4 teaspoons cornstarch
- 6 ounces packaged dried corkscrew pasta

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- 1-16-ounce package loose-pack frozen Italian blend (zucchini, carrots, cauliflower, lima beans and Italian beans) or other mixed vegetables.
- ¼ cup snipped fresh basil
- ⅛ teaspoon pepper

For this quick, one dish meal, purchase a deli roasted chicken or a cooked turkey breast. For sauce, in a small saucepan combine thawed concentrate, chicken broth, and cornstarch. Cook and stir until thickened and bubbly; cook and stir 2 minutes more. Meanwhile, in a large saucepan cook pasta in boiling lightly salted water for 5 minutes. Add frozen vegetables; return to boiling. Cook uncovered, 5 minutes more or until pasta and vegetables are tender. Drain and return to saucepan. Add sauce, chicken, basil, and 1/8-teaspoon pepper. Heat and toss until hot.

Each serving of this recipe provides 2 ½ fruit/vegetable servings.

Nutrition Information Per Servings: 438 Calories, 7 g Fat, 68 mg Cholesterol, 190 mg Sodium, 62 g Carbohydrate, 31 g Protein

(This 5 a Day Recipe is provided by the Florida Department of Citrus)